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# Sea Bass fillets with sizzled ginger

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## Instructions

Peel the ginger and shred into matchsticks. Peel the garlic, and slice very thinly. Deseed the chillies and shred thinly. Shred the spring onions lengthways.

Season the fish with salt and pepper, and slash the skin 3 times. Heat a heavy-based frying pan and add 1 tbsp oil. Once hot, fry the fish, skin-side down, for 5 mins or until the skin is very crisp and golden. The fish will be almost cooked through. Turn over, cook for another 30 secs-1 min, then transfer to a serving plate and keep warm. You'll need to fry the fish in 2 batches.

Heat the remaining oil, then fry the ginger, garlic and chillies for about 2 mins until golden. Take off the heat and toss in the spring onions. Splash the fish with a little soy sauce and spoon over the contents of the pan.

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Very quick and simple – an excellent fish course – and healthy too. Everything can be prepared in advance, which is why it was excellent for Ellie's dinner party. Serves six.

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## Ingredients

6 x sea bass fillets  
3 tbsp sunflower oil  
large knob of ginger  
3 garlic cloves  
3 fat, fresh red chillies  
bunch spring onion  
1 tbsp soy sauce